

## A Literature Review on Nutritional Supplements for the Treatment of Obesity

**Authors :** Monika Nuffer, Wesley Nuffer

**Abstract :** The problem of obesity is one that continues to be faced in the United States health care system and across the developing world. Prescription medications are available, but are often very expensive with minimal insurance coverage. The over-the-counter diet aid industry is a robust one, selling billions of dollars in products every year. It is important for clinicians to understand the myriad of different nutritional supplements marketed for obesity, and to weigh the evidence behind these products. This manuscript outlines the most commonly used nutritional supplements currently marketed for weight loss, reviewing the evidence with a focus on the efficacy and safety of these products.

**Keywords :** obesity, weight loss, herbal products, nutritional supplements

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